TEEN/ADUL

AQUATIC EXERCISE

For Specific Aquatic Fitness Start/End Dates, Call the City Gym and Pool at 714-960-8870.

AQUA TONE FITNESS: H20 BOOT CAMP

This UNIQUE program is a rigorous cross-training of swimming, water polo, water aerobics, modified plyometrics, and traditional strength and cardiovascular exercises. H^2O Boot Camp challenges swimmers of all ages and physical shape. Whether you are a recreational swimmer or not, this 45 minute session will be hard work. Questions: aquatonefitness@aol.com.

Dawnette Lo	owry	City Gym and	l Pool		
350821-3A	16 yrs +	F	9:30-10:15am	July	\$36
350821-3B	16 yrs +	F	9:30-10:15am	August	\$36
350821-3C	16 yrs +	F	9:30-10:15am	September	\$43

AQUA TONE FITNESS: AQUATIC BODYBUILDING

Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. \$3 equipment rental per class to be paid each class. Questions: aquatonefitness@aol.com. No Class Dates: Sep-4

Dawnette L	owry			City Gym and	l Pool
350802-3A	16 yrs +	M	8:15-9:25am	July	\$53
350802-3B	16 yrs +	M	8:15-9:25am	August	\$44
350802-3C	16 yrs +	M	8:15-9:25am	September	\$34
350802-3D	16 yrs +	W	8:15-9:25am	July	\$44
350802-3E	16 yrs +	W	8:15-9:25am	August	\$53
350802-3F	16 yrs +	W	8:15-9:25am	September	\$53
350802-3G	16 yrs +	M,W	8:15-9:25am	July	\$91
350802-3H	16 yrs +	M,W	8:15-9:25am	August	\$91
350802-31	16 yrs +	M,W	8:15-9:25am	September	\$72
350802-3J	16 yrs +	F	6:45-8am	July	\$44
350802-3K	16 yrs +	F	6:45-8am	August	\$44
350802-3L	16 yrs +	F	6:45-8am	September	\$53

AQUA TONE FITNESS: AQUA EVENING

This fun and very challenging water workout class will take you to α new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability. No equipment necessary. Questions: aquatonefitness@aol.com.

Dawnette L	owry			City Gym and	Pool
350804-3A	16 yrs +	M	5:25-6:25pm	July	\$43
350804-3B	16 yrs +	M	5:25-6:25pm	August	\$36
350804-3C	16 yrs +	M	5:25-6:25pm	September	\$29
350804-3D	16 yrs +	W	5:25-6:25pm	July	\$36
350804-3E	16 yrs +	W	5:25-6:25pm	August	\$43
350804-3F	16 yrs +	W	5:25-6:25pm	September	\$36
350804-3G	16 yrs +	F	5:25-6:25pm	July	\$36
350804-3H	16 yrs +	F	5:25-6:25pm	August	\$36
350804-31	16 yrs +	F	5:25-6:25pm	September	\$43
350804-3J	16 yrs +	M,W	5:25-6:25pm	July	\$73
350804-3K	16 yrs +	M,W	5:25-6:25pm	August	\$73
350804-3L	16 yrs +	M,W	5:25-6:25pm	September	\$58
350804-3M	16 yrs +	M,W,F	5:25-6:25pm	July	\$98
350804-3N	16 yrs +	M,W,F	5:25-6:25pm	August	\$98
350804-30	16 yrs +	M,W,F	5:25-6:25pm	September	\$92

AQUA TONE FITNESS: HYP — NAUTIQUE YOGA

Body balance is vital at all ages. This intense water yoga class will help with balance while using core strength muscles to achieve yoga movements. You will experience some aggressive fast paces movements both on and off this board. The HYP -Nautique board has many uses for the beginner to the advanced. You will notice better stability/balance and see results fast while using an unstable floating in water, you will get a lot more muscle work than ever before. Come try it, you will love this class! It's so much fun to work out on the HYP - Nautique Yoga Board. You will be telling your friends about it!

Dawnette Lowry				City Gym and	Pool
350810-3D	16yrs+	F	6:45-7:30pm	7/7-7/28	\$70
350810-3E	16yrs+	F	6:45-7:30pm	8/4-8/25	\$70
350810-3F	16vre+	F	6.45-7.30nm	0/1-0/20	\$86

AQUA-FIT: FAT BURNING & AQUA CORE

Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program. This class emphasizes core muscle strength building and stability. By combining aqua Pilates, therapy-based exercises, and progressive resistance training you will learn how to achieve a healthy back and stronger abs while burning calories in a safe environment. Monthly 2x/wk. 25% off the first month for new members!

Debra Thurr	n and Jamie	Fowler		City Gym an	d Pool
350805-3A	16 yrs +	M,W	1:15-2pm	June	\$70
350805-3B	16 yrs +	M,W	1:15-2pm	July	\$70
350805-3C	16 yrs +	M,W	1:15-2pm	August	\$70
350805-3D	16 yrs +	F	11am-12pm	June	\$45
350805-3E	16 yrs +	F	11am-12pm	July	\$45
350805-3F	16 yrs +	F	11am-12pm	August	\$45



presents the 25th Annual

ON COURSE! Golf Tournament

The Huntington Beach Council on Aging invites you to join them in supporting their 25th Annual ON COURSE Golf Tournament on Friday, 6/23 at Meadowlark Golf Club. Proceeds will help the HBCOA continue to provide a wide variety of services, classes, activities, and clubs designed to support seniors, including low-income seniors, stay healthy and active.

For additional information log on to **HBCOA.org** or contact the HBCOA at 714-374-1524.



AQUATIC EXERCISE: AQUA ACTIVE

This class is designed for people with arthritis to gently improve range of motion, strength and endurance. Participants must be able to enter and exit the pool independently. A doctor's release is recommended if you have recently had surgery. No Class Dates: Jul-4

Debra Thur	n		City	y Gym and	Pool
350806-3A	16 yrs +	M,W,F	12:15-1:15pm	June	\$84
350806-3B	16 yrs +	M,W,F	12:15-1:15pm	July	\$84
350806-3C	16 yrs +	M,W,F	12:15-1:15pm	August	\$84
350806-3D	16 yrs +	Tu,Th	12:30-1:30pm	June	\$58
350806-3E	16 yrs +	Tu,Th	12:30-1:30pm	July	\$58
350806-3F	16 yrs +	Tu,Th	12:30-1:30pm	August	\$58

AQUA TONE FITNESS: AQUATIC EXERCISE

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. Questions: aquatonefitness@aol.com. No Class Dates: Jul-4

Dawnette L	owry			City Gym and	Pool
350808-3A	16 yrs +	Tu,Th	7-8am	July	\$58
350808-3B	16 yrs +	Tu,Th	7-8am	August	\$80
350808-3C	16 yrs +	Tu,Th	7-8am	September	\$66
350808-3D	16 yrs +	Tu,Th	8:20-9:20am	July	\$58
350808-3E	16 yrs +	Tu,Th	8:20-9:20am	August	\$80
350808-3F	16 yrs +	Tu,Th	8:20-9:20am	September	\$66
350808-3G	16 yrs +	F	8:20-9:20am	July	\$36
350808-3H	16 yrs +	F	8:20-9:20am	August	\$36
350808-31	16 yrs +	F	8:20-9:20am	September	\$43
350808-3J	16 yrs +	Sa	7-8am	July	\$43
350808-3K	16 yrs +	Sa	7-8am	August	\$36
350808-3L	16 yrs +	Sa	7-8am	September	\$43
350808-3M	16 yrs +	M	7-8am	July	\$43
350808-3N	16 yrs +	M	7-8am	August	\$36
350808-30	16 yrs +	M	7-8am	September	\$29
350808-3P	16 yrs +	W	7-8am	July	\$36
350808-3Q	16 yrs +	W	7-8am	August	\$43
350808-3R	16 yrs +	W	7-8am	September	\$36
350808-3\$	16 yrs +	M,W	7-8am	July	\$73
350808-3T	16 yrs +	M,W	7-8am	August	\$73
350808-3U	16 yrs +	M,W	7-8am	September	\$58

HUNTINGTON BEACH MERMAID SWIM

Shed your day persona and slip into your mermaid tails with other mermaids and slim your waist away. Play and fantasy makes this class fun and mystical. Bring your own mermaid or instructor will hand out information for how to purchase your own tail. No Class Dates: Jul-4

Debra Thurr	1	City Gym and	Pool		
351166-3A	7 yrs +	Tu	2-2:30pm	June	\$48
351166-3B	7 yrs +	Tu	2-2:30pm	July	\$48
351166-3C	7 yrs +	Tu	2-2:30pm	August	\$48



ABSTRACT EXPRESSION WORKSHOP

Abstract art is where we began. Rediscover shape, color and line for beautiful new effects in your artwork. We'll study abstract makers, their work and processes. You'll use mixed-media, acrylics, papers and fabrics to see and think differently. No prior skill, just come explore, discover and dig deeper into art.

Jim Ellsberry	1			HB	Art Center
350158-4A	18 yrs +	W	5:30-7:45pm	6/28-7/26	\$125/113
350158-4R	18 vrs ±	\//	5.30-7.45pm	8/9-9/6	\$125/113

ADVANCED DIGITAL PHOTOGRAPHY

Today's lens-based artist has access to more image-capturing options and methods for creating images than ever before. The advanced class curriculum prepares artists to take full advantage of traditional and contemporary tools in pursuit of creating significant, conceptually rigorous artwork.

Kurt Weston	l			HB A	rt Center
350136-4A	18 yrs +	F	12:30-2:30pm	8/4-9/8	\$106/96

BEGINNING DIGITAL PHOTOGRAPHY

The beginning digital photography class will help students gain fluency with the basic technical skills of digital photography as it relates to image making. Expect to expand your understanding of the medium, acquire basic technical skills, and pursue your own photographic vision while using the digital camera of your choice.

Kurt Weston				НВ	Art Center
350109-4A	18 yrs +	F	3:45-5:45pm	8/4-9/8	\$106/96

INTERMEDIATE DIGITAL PHOTOGRAPHY

This intermediate class reinforces and enhances the basic concepts and skills acquired in the beginning digital photography class. Course emphasis is on the refinement of technical skills, technique, concept and development of a personal direction in photography. Theoretical, historical, and critical concerns will form part of our curriculum.

Kurt Weston				HB Ar	t Center
350110-4A	18 yrs +	F	2:45-3:45pm	8/4-9/8	\$51/46

DRAWING & PAINTING ON LOCATION

This unique class is only offered in the summer. We meet at the Huntington Beach Art Center for the first night of class for a lesson and maps will be given. Each week students meet at a new location to draw and paint. Bring materials first day. Suggested materials list.

Pati Kent				HB /	Art Center
350134-4A	12 yrs +	Tu	6-8pm	6/27-7/25	\$104/94

DRAWING & RENDERING

Take your drawings to the next level! In this workshop students will explore classical and non-traditional drawing methods with $\boldsymbol{\alpha}$ focus on improving the student's ability to draw from observation. Instruction will be given using a variety of materials; all levels of experience are welcome. \$35 materials fee due at first class.

Laura Black				HE	Art Center
350154-4A	12 yrs +	Th	1-3pm	8/3-9/7	\$119/108

DROP IN PAINTING & DRAWING WORKSHOP

These workshops are designed to be two fold. First you may come and bring work that you would like to finish, work on and get help with! Everything excluding oil paint. Secondly, you will be able to draw and paint from a still life on the model stand (no live models). The instructor will be available to give you individual instruction if you wish. This studio workshop will also include those who wish to work on portfolio pieces. Pick the date that works best for you or sign up for all five! Please bring your sketch book and your own materia. Upon completion of art work, students may have the opportunity to be included in an art show.

Pati Kent				HB A	rt Center
350153-4A	12 yrs +	Tu	2:45-4:15pm	8/1	\$21/19
350153-4B	12 yrs +	Tu	2:45-4:15pm	8/8	\$21/19
350153-4C	12 yrs +	Tu	2:45-4:15pm	8/15	\$21/19
350153-4D	12 yrs +	Tu	2:45-4:15pm	8/22	\$21/19
350153-4E	12 yrs +	Tu	2:45-4:15pm	8/29	\$21/19

EXPERIMENTAL PRINTMAKING: MONOPRINT & COLLAGRAPH

Experimental Printmaking provides basic printmaking instruction to creative students. Focusing on experimental Monoprint and Collagraph, classes will provide instruction, demonstration and plenty of studio time to practice technical skills and build a personal printing style. Materials list will be provided on receipt.

Katie Stubbl	efield			HB Art	Center
		_	 	 	4

350157-4A 10am-12pm \$74/67 18 vrs + F 8/4-8/25

FOUR CORE CONCEPTS IN PAINTING

This class is designed to take beginner and intermediate students through a process of learning to "see like a painter." Once you learn to see you are ready to paint. There are four core principles that, once learned, will unlock the creative genius in you! All painting mediums are acceptable. No Class Dates: Aug-26

Carlo Chapp	y Valente			HB Art	Center
350162-4A	13 yrs+	Sa	2:45-4:45pm	7/1-7/29	\$86/78
350162-4R	13 vrs ⊥	Sa	2.15-1.15nm	8/12-9/16	\$86/78

HB PAINT NIGHT

Perfect for date night or girls/guys night out, HB Paint Night will help get you in touch with your inner Picasso! Led by artist Pati Kent, inspiring artists age 18+ will create a masterpiece of canvas. Easels, canvas & acrylic paint provided. Feel free to bring food and drinks to add to the party, although alcohol is not permitted. \$28 per painter and \$50 for two painters! Register in advance.

Pati Kent				City Gym a	nd Pool
350143-3A	18 yrs +	F	6-8pm	7/14	\$28
350143-3B	18 yrs +	F	6-8pm	8/11	\$28
350143-3C	18 yrs +	F	6-8pm	9/8	\$28

IMPROV

Shy? Fear of public speaking? Like to act or perform, but want to know what to do when you forget your lines? Have fun while learning more effective communication skills in α no pressure environment. Students will learn the basic rules and philosophy of improvisation through games, drills, and scenes. No Class Dates: Jul-5

Brenda Glim			Senior	Center in Central	Park
350145-5A	18 yrs +	W	6-8pm	6/28-7/26	\$65
350145-5B	18 yrs +	W	6-8pm	8/2-8/23	\$65

INTERIOR DESIGN FOR YOUR HOME

Learn from a professional interior designer how to create your dream home! The sky is the limit when it comes to color choices, fabrics, furniture and accessories, and how they are brought together. In this 2-day workshop you will learn step-by-step the basics of space planning, color concepts, and selection of the right elements such as furnishing, lighting, flooring and surfaces to create and decorate the home you always wanted. Supply list and a \$10 materials fee.

Lucia Henry				HB Ar	Center
350155-4A	18 yrs+	Sa	12:15-2:15pm	7/8-7/15	\$71/64
350155-4B	18 vrs+	Sa	12:15-2:15pm	8/5-8/12	\$71/64

INTRO TO DOCUMENTARY FILMMAKING

This three-hour workshop introduces students to the major components of producing a documentary for entertainment or promotional purposes. This workshop is a general overview of production and storytelling techniques, from start to finish including development, research, writing, production, editing, and finishing. The class is taught by Huntington Beach resident and Emmy Award winning documentarian Rudy Poe.

Rudy Poe				HB Ar	t Center
350159-4A	13 yrs +	Sa	12-3pm	8/19	\$36/33

OIL PAINTING 2-INTERMEDIATE, LANDSCAPE

Intermediate oil painting class designed to strengthen and develop the student's painting abilities using the landscape as subject. Color mixing, relationships of dark and light, composition and perspective. Emphasis is on traditional landscape painting techniques. The course also covers important historic and contemporary landscape painters, both European and American.

Jim Ellsberr	y			HB	Art Center
350114-4A	18 yrs +	W	9:30am-12pm	8/9-9/6	\$125/113

PAINTING AND DRAWING

Develop painting and drawing skills using different techniques through demos and lecture, or use class as studio time. Watercolor, oil, acrylics, pastels, pencils and more are welcome! Supply fee \$25 for new students. No Class Dates: Jul-4

Marilyn Oropeza			Senior Center in Central Park		
350115-5A	18 yrs +	Tu	8-11:30am	6/27-8/1	\$40
350115-5B	18 yrs +	Tu	8-11:30am	8/8-9/5	\$40

PLEIN AIR SKETCHING & WATERCOLOR

Sketching and Watercolor on location. Class will meet at various locations around Main Street H.B. Learn the fundamentals of keeping a sketchbook, choosing subject matter, editing and planning a plein air day. Class will also meet at Art Center for studio time and instruction. Not for beginners.

Eileen McCullough				HB A	rt Center
350147-4A	16 yrs +	Th	9:30am-12:30pm	8/3-9/7	\$92/83

STUDIO ART

This is a chance to get together with other artists for social and unstructured painting and drawing. No Class Dates: Jul-4

Marilyn Oropeza			Senior Ce	nter in Centra	l Park
350149-5A	18 yrs +	Tu	11:30-2:45pm	6/27-8/1	\$20
350149-5B	18 yrs +	Tu	12-3pm	8/8-9/5	\$20

STILL LIFE & LANDSCAPE IN WATERCOLOR

This is a class designed for beginning and intermediate painters. You will learn the fundamentals of using the medium while creating exciting and interesting still life and landscape compositions.

Carlo Chapp	y Valente			HB Ar	t Center
350164-4A	13 yrs +	Tu	6-7:45pm	8/8-9/5	\$86/78

THROUGH THE LENS: HOW TO SEE

Whether you're interested in photography or image creation of any kind, this class will help you better express yourself and tell stories with the images you create. This is not a technical class so whether you have a cell phone camera or a DSLR, the class is designed to increase your visual awareness and help you capture interesting, thought provoking images. Weekly photo assignments exercise your mind and imagination as you explore point-of-view, color, shape, depth, perspective, light, and shadow.

Rudy Poe				HB Ar	t Center
350161-4A	13 yrs +	W	9:30-11:30am	8/2-8/30	\$76/69

WATERCOLOR PAINTING

This class is for beginning to advanced students to learn the joys and pitfalls of watercolor painting. The focus will be on skills and techniques with weekly demonstrations and critiques. Bring source material. Materials list provided on receipt.

Diane Merril				HB A	\rt Center
350116-4A	13 yrs +	Tu	9:30am-12:30pm	8/1-9/5	\$104/94

COMPUTERS

ALL ABOUT GOOGLE

Two, 2-hour classes exploring the many outstanding and FREE Google programs. A discussion of the Google search engine, G-mail, Google maps, photos, calendar Google Pay and other items. Hands-on practice and a chance to ask questions and get answers.

Joel Lander			Senior Cent	er in Central	Park
350220-5A	18 yrs +	F	10am-12pm	7/21-7/28	\$48
350220-5B	18 yrs +	Th	2-4pm	8/3-8/10	\$48
350220-5C	18 yrs +	F	2-4pm	8/18-8/25	\$48
350220-5D	18 yrs +	Sa	10am-12pm	8/5-8/12	\$48
350220-5E	18 yrs +	Sa	10am-12pm	9/2-9/9	\$48
350220-5F	18 yrs +	Th	6:30-8:30pm	9/14-9/21	\$48

ESSENTIAL COMPUTER SKILLS

Hands-on instruction of basic but essential computer skills. Learn the keyboard, word processing and the Windows filing system to properly save and find information. Learn proper attachments to emails, downloading, backing-up info to your computer and more. Friendly atmosphere. Patient teacher. A VERY useful class! Useful whether you use Windows 10 or Windows 7.

Joel Lander			Senior	Center in Central	Park
350205-5A	18 yrs +	Th	9am-12pm	7/6-7/20	\$72
350205-5B	18 yrs +	F	9am-12pm	8/4-8/18	\$72
350205-5C	18 yrs +	Th	2-5pm	9/7-9/21	\$72

FUN WITH CRAIGSLIST

What you always wanted to know about Craigslist! Don't miss it! Buy or sell anything FOR FREE! Buy: Make offers, buy items. Sell: Write & edit ads, attach photos. Protection: Learn to protect yourself when using Craigslist. Opportunity: To learn to use one of the most popular shopping websites.

Joel Lander			Senior	Center in Central	Park
350201-5A	18 yrs +	Sa	9am-12pm	7/22-7/22	\$38
350201-5B	18 yrs +	F	9am-12pm	8/25-8/25	\$38
350201-5C	18 yrs +	F	9am-12pm	9/29-9/29	\$38

HOW TO START YOUR GENEALOGY RESEARCH

Learn how to research your family's history and trace your ancestors using immigration, census, and other records. And learn how to use the internet in your searches. No Class Dates: Jul-3, Aug-21

Marga Dill			Senior Center in Central Park			
350226-5A	55 yrs +	M	10-11am	6/26-7/24	\$48	
350226-5B	55 yrs +	M	10-11am	7/31-8/28	\$48	

HOW TO USE WINDOWS 10

Two, 2-hour, hands-on classes in the new computer lab. Explore most of the new features of Windows 10, the new Start screen, tiles, desktop, settings and how to navigate and customize Windows 10. NOTE: this class is for individuals with basic computer experience, not for beginners.

Joel Lander			Senior Center	r in Central	Park
350212-5A	18 yrs +	Th	2pm-4pm	7/6-7/13	\$48
350212-5B	18 yrs +	Th	6:30pm-8:30pm	7/13-7/20	\$48
350212-5C	18 yrs +	F	2pm-4pm	7/21-7/28	\$48
350212-5D	18 yrs +	Sa	10am-12pm	7/8-7/15	\$48
350212-5E	18 yrs +	Th	10am-12pm	8/3-8/10	\$48
350212-5F	18 yrs +	Th	6:30pm-8:30pm	8/17-8/24	\$48
350212-5G	18 yrs +	Sa	10am-12pm	8/19-8/26	\$48
350212-5H	18 yrs +	Th	10am-12pm	9/7-9/14	\$48
350212-51	18 yrs +	Sa	10am-12pm	9/16-9/23	\$48

INTRODUCTION TO FACEBOOK

You will set up your Facebook account, adjust basic settings and learn how to use it. At the end of this class you will understand the Facebook lingo and you will know the latest on the do's and don'ts of Facebook. No Class Dates: Jul-3, Aug-21

Marga Dill			Senior Cent	er in Central	Park
350218-5A	55 yrs +	M	11:15am-12:15pm	6/26-7/24	\$48
350218-5B	55 yrs +	M	11:15am-12:15pm	7/31-8/28	\$48

INTRODUCTION TO SMARTPHONES AND TABLETS

This 1-hour walk-in is for those of you who have a smartphone or α tablet and are still struggling with α few settings or are running into technical issues while using them. We will give you some tips and tricks on how to get the most out of your phone or tablet. Please bring your phone or tablet with a fully charged battery. No Class Dates: Jul-3, Aug-21

Marga Dill			Senior Cer	iter in Central	Park
350219-5A	55 yrs +	Th	1pm-2pm	6/29-7/20	\$48
350219-5B	55 yrs +	M	2:45pm-3:45pm	6/26-7/24	\$48
350219-5C	55 yrs +	M	2:45pm-3:45pm	7/31-8/28	\$48



Parks & Recreation Stimulate the Mind

MSWORD 2016

Get started with familiarizing yourself with the Tabs and its associated Ribbon. Learn to size the text in your document to make it more readable. Create, save, retrieve, edit, and delete a document. Other topics include the use of the Ribbon buttons to format your document, paragraph alignment, line spacing, select techniques, cut, copy and paste, plus spelling and grammar.

Senior Cent	ter Volunteer	Senior Center in Central P			
350209-5A	18 yrs + W	9am-12pm	7/5-7/26	\$15	
350209-5B	18 yrs + W	9am-12pm	8/2-8/23	\$15	

ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

Clean up and organize old files and your desktop. Put information where you can find it. Make shortcuts to favorite programs and files. Back up critical information. Get free programs to optimize your computer. Skills are universal whether you have Windows 7 or 10. Ask questions, get answers, have fun!

Joel Lander			Senior Ce	enter in Centra	l Park
350210-5A	18 yrs +	F	9am-12pm	7/7-7/14	\$66
350210-5B	18 yrs +	F	2pm-5pm	8/4-8/11	\$66
350210-5C	18 yrs +	Th	9am-12pm	8/17-8/24	\$66
350210-5D	18 yrs +	F	9am-12pm	9/8-9/15	\$66

PHOTOS BY GOOGLE

A single, 3-hour class exploring the new Google Photo application. Learn the manual and auto photo enhancement features plus backup features from your phones, tablets or computers. Find out about unlimited free storage of your photos. Discuss the pros and cons of this new system.

Joel Lander			Senior Cente	er in Centr	al Park
350214-5A	18 yrs +	F	2pm-5pm	7/7	\$38
350214-5B	18 yrs +	Th	9am-12pm	7/27	\$38
350214-5C	18 yrs +	F	9am-12pm	9/22	\$38
350214-5D	18 yrs +	F	2pm-5pm	8/11	\$38

SPECIAL APPS & PROGRAMS FOR SENIORS

A presentation of what computer programs, smart phone and tablet apps can be useful to seniors. A look at Facebook, YouTube, Skype, Uber, Pandora, Lumosity and more. Introductory instructions on how to find, obtain and use these free applications. Two, 2-hour sessions. Ask questions, get answers.

Joel Lander			Senior	Center in Central	Park
350222-5A	18 yrs +	Th	2-4pm	7/20-7/27	\$48
350222-5B	18 yrs +	Th	2-4pm	8/17-8/24	\$48
350222-5C	18 yrs +	F	2-4pm	9/8-9/15	\$48
350222-5D	18 yrs +	Th	10am-12pm	9/21-9/28	\$48

SMARTPHONES: BEYOND THE BASICS

Get to know more features and apps that let you do more with your smartphone. You'll learn the new tools and options that are available on your device. You will also learn how all your devices (computer, phone, tablet) can work together. No Class Dates: Jul-3, Aug-21

Marga Dill			Senior Cen	ter in Central	Park
350224-5A	55 yrs +	M	1:30-2:30pm	6/26-7/24	\$48
350224-5B	55 yrs +	M	1:30-2:30pm	7/31-8/28	\$48
350224-5C	55 yrs +	Th	1-2pm	7/27-8/17	\$48

COOKING

CAKE DECORATING: BUILDING BUTTERCREAM SKILLS

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating in four weekly fun filled classes. Why not bring $\boldsymbol{\alpha}$ friend? You'll provide some of your own supplies. Book is extra. This class must be taken before taking the Gumpaste and Fondant or the Flowers and Cake Design classes. No Class Dates: Jul-4

Rebecca Mejia			Mur	dy Community	Center
350301-1A	13 yrs +	Tu	6-8pm	6/27-7/25	\$50
350301-1B	13 yrs +	Tu	6-8nm	8/1-8/22	\$50

CAKE DECORATING: GUM PASTE & FONDANT

The course will open thrilling possibilities for your cakes. You'll create incredible stand-up decorations by hand using gum paste and fondant from flowers with delicate ruffled layers of petals to thrilling bows in bold colors to exciting effects. It's α whole new way to decorate! Book is extra. Must have taken Cake Decorating: Basic Beginnings before this class.

Rebecca Mejia			Mura	dy Community	Center
350304-1A	13 yrs +	W	6-8pm	7/19-8/9	\$50

CHICKEN AND MORE

In this class you will learn to make so many different chicken classics-from baking, grilling, sauté, poaching, and all the sauces and sides that go with it. You will take home a huge packet with even more recipes. Come Hungry! \$15.00 material fee is payable to instructor.

-	0 1				
April Berg			Edison	Community	Center
350308-2A	18 yrs +	Tu	6:15-9:15pm	8/15	\$35

IN AND OUT

In this class you will learn to make fresh, fast, and easy meals so you can be out of the kitchen and enjoying the summer. You will learn how to shop the farmer's market and what to do with some of those unusual vegetables. You will learn tricks to have the meal on the table in less time without sacrificing quality. \$15 materials fee due at first class.

April Berg			Edison	Community	Center
350305-2A	18 vrs +	Tu	6:15-9:15pm	7/11	\$35

MEDITERRANEAN COOKING

In this class you will learn to make classic Mediterranean dishes. The cuisine has Greek, Italian, and Spanish influence. We will learn the origins, techniques, and preparation. You will also take home a huge packet to continue enjoying these foods. Come Hungry! \$15 materials fee due at first class.

April Berg			Edison	Community	Center
350306-2A	18 yrs +	Tu	6:15-9:15pm	6/27	\$35

Register Online! www.hbsands.org



DANCE

ADULT BALLET: BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class is free.

Huntington	Academy of	Dance		City Gym and	d Pool
350442-3A	13 yrs +	M	7-8pm	7/10-8/14	\$65
Huntington	Academy of	Dance	16601	Gothard Street, S	uite A
350442-14	13 vrs +	W	7.30-8.30	nm 7/5-8/9	\$65

BALLET & BALLET STRETCH FOR SENIORS

Please join us in learning and practicing the beautiful graceful movements of Ballet. An opportunity to improve fitness through fun, working on flexibility, coordination, strength, balance, endurance and healthy attractive posture. No experience necessary, The class is non-competitive and we become great friends in the process.

Huntington	Academy (of Da	ance Senior	Center in Central	Park
350426-5A	50 yrs +	M	3:15-4:15pm	7/10-7/31	\$32
350426-5B	50 yrs +	M	3:15-4:15pm	8/7-8/28	\$32

BALLROOM DANCE BASICS

Never be a wall-flower again. From Waltz to the Salsa, we'll teach you how to own the dance floor! Join our ballroom group class, followed immediately by a lively practice party. Our dynamic steps and techniques will last a lifetime, and we make learning fun! No partner needed.

Surf City Ballroom			Senior Cer	nter in Centr	al Park
350441-5A	16 yrs +	Th	7-8:30pm	7/6-8/3	\$35

BROADWAY DANCE FITNESS

Join us at this brand new dance fitness class with a Broadway flair! Dance to upbeat, fun Broadway musical tunes, as well as songs from past era's through today. Combining aerobics with simple dance steps make you want to move! See why dance is top-rated for your brain, your heart, and your soul! Free demo 3/23-Please call the front desk of the Senior Center to reserve α spot.

CS Dance Factory		Senior Center in Central Park			
350456-5A	18 vrs +	Th	1:30-2:15pm	7/13-8/24	\$76

DANCE: BALLROOM

Ballroom social dances: Foxtrot, Swing, and Waltz. Dance to classic and popular music with easy patterns. Classic dance moves will give you confidence at weddings, cruises, and parties. No Partner needed.

Kaylaa Fox			Edis	son Community C	enter
350407-2A	16 yrs +	M	7-8pm	6/26-7/24	\$59
350407-2B	16 yrs +	M	7-8pm	7/31-8/28	\$59

DANCE: COUNTRY LINE

Country friends are waiting for you at the country clubs! Kick up your boots to oldies and newbie country line dances. Easy instruction! Meet NEW friends for country good fun.

Kaylaa Fox			Edison	Community Cente	r
350413-2A 350413-2B	16 yrs + 16yrs+	W	7:30-8:15pm 7:30-8:15pm	6/28-7/26 \$5 8/2-8/30 \$5	
				a la a	_
Kaylaa Fox			Murdy	Community Cente	r
Kaylaa Fox 350413-1A	16 yrs +	Th	7-8pm	6/29-7/27 \$5	

DANCE: COUNTRY TWO STEP

Country 2 Step and Cowboy Cha Cha let you dance at the country club. Listen to favorite country songs. No partner needed.

Kaylaa Fox			Edisor	Community Center
350415-2A	16 yrs +	W	8:15-9pm	6/28-7/26 \$59
350415-2B	16 yrs +	W	8:15-9pm	8/2-8/30 \$59
Kaylaa Fox			Murdy	y Community Center

DANCE: LATIN DANCE

Romantic SALSA, CHA CHA and MERENGUE will whisper the songs of Latin Dance in your ear. Easy and Rhythmic patterns will confirm the Latin mood to you in class and out on the dance floor. No partner needed.

Kaylaa Fox			Ed	ison Community	Center
350421-2A	16 yrs +	M	8-9pm	6/26-7/24	\$59
350421-2B	16 yrs +	M	8-9pm	7/31-8/28	\$59
Kaylaa Fox			M	urdy Community	Center
Kaylaa Fox 350421-1A	16 yrs +	Th	M 8:15-9:15pm	urdy Community 6/29-7/27	Center \$59

DANCE: SWING BASICS

Fun and easy Swing Dance. Basics steps are taught to beginners so they may dance immediately with confidence. Swing dance is the most versatile and fun social dance since it can be danced to almost any kind of music. No partner necessary. HOSTED BY MICHAEL and OLIVIA LAI

Kaylaa Fox			Murdy	Community	Center
350423-1A	16 yrs +	Th	8:15-9:15pm	6/29-7/27	\$40
350423-1B	16 yrs +	Th	8:15-9:15pm	8/3-8/31	\$40

DANCE: SWING INTERMEDIATE

Move on to Swing intermediate. Combine and expand on your basic swing skills. Go beyond the basics to explore Lindy Hop, West Coast, and Charleston rhythms that will make your dancing more enjoyable. No partner needed. hosted by MICHAEL and OLIVIA LAI.

Kaylaa Fox			Murdy	Community	Center
350424-1A	16 yrs +	Th	7:15-8:15pm	6/29-7/20	\$40
350424-1B	16 vrs +	Th	7:15-8:15pm	7/27-8/17	\$40

DANCE: SWING ADVANCED

Move way beyond the basics. Advanced Swing moves to 4, 6 and 8 swing rhythms that will challenge you and make you shine on the dance floor. No partner necessary. HOSTED BY MICHAEL and **OLIVIA LAI**

Kaylaa Fox			Murdy	Community	Center
350422-1A	16 yrs +	Th	6:15-7:15pm	6/29-7/20	\$40
350422-1B	16 yrs +	Th	6:15-7:15pm	7/27-8/17	\$40

DANCE: POLYNESIAN INTERMEDIATE

Dance your way to better fitness with the rhythms of the South Pacific! Students should wear comfortable clothing, bring a pareo (sarong) and water bottle. Routines learned will be performed at our "Luau." No Class Dates: Jul-3

Melody Sea	noa		Senior C	enter in Central	Park
350439-5A	13 yrs +	M	2-3pm	6/26-8/28	\$90

DANCE: POLYNESIAN BEGINNING

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands! Class fills quickly. Pre-registration is required. No Class Dates: Iul-3

Melody Seanoa Senior Center in Central Park

350440-5A 13 vrs + 1-2pm 6/26-8/28 \$90

DANCE: BRIDE AND GROOM'S FIRST

Bride & Groom's first Dance Class: Bride & Groom will learn how to dance to their FIRST DANCE music. One meeting class for one hour. Great for FATHER DAUGHTER dance and MOTHER SON dance, too. Just bring your music or choices.

Kaylaa Fox Murdy Community Center 350449-1A 7:15-8:15pm 6/29 \$25 18 yrs +

LINE DANCE FITNESS: NEW BEGINNING

Been wanting to learn to dance but don't know how to get started? Have fun learning the basic steps and applying them in very easy line dances. Invite a friend so you can both experience the mental and physical benefits of dance along with the joy of moving to

Suzy Hazard			Senior	Center in Central	Park
350419-5A	18 yrs +	F	2-3pm	6/30-8/25	\$49
Linda Maarl	eveld		Senior	Center in Central	Park
350450-5A	18 yrs +	Tu	2:30-3:30pm	7/11-8/18	\$44
350450-5B	18 vrs +	Tu	4-5nm	7/11-8/29	\$46

LINE DANCE: LEVEL 1

Now that you know some of the basic steps and patterns, it's time to have fun learning dances that are a bit more difficult. An Albert Einstein College of Medicine study showed that line dancing frequently can reduce your risk of dementia by up to 76%!

Suzy Hazar	d	Senior (Center in Central	Park
350420-5A	18 yrs + F	3:15-4:15pm	6/30-8/25	\$49
Linda Maar	Linda Maarleveld		Center in Central	Park
350453-5A	18 vrs + W	7-8:30pm	7/12-8/30	\$62

LINE DANCE: LEVEL 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Recommended prerequisite: Introduction Class or previous dance experience.

Suzy Hazard			Senior	Center in Central	Park
350428-5A	18 yrs +	W	2:45-4:15pm	6/28-8/23	\$49

LINE DANCE: LEVEL 2-3

Dancing more than once per week is essential in becoming a more skilled and confident dancer. This new class is specially designed for Level 2 dancers who want to DANCE MORE OFTEN and/or hone their skills in preparation for the Level 3-4 class. Dancing more than once per week is essential in becoming a more skilled and confident dancer. This new class is specially designed for Level 2 dancers who want to DANCE MORE OFTEN and/or hone their skills in preparation for the Level 3-4 class. No Class Dates: Jul-3

Suzy mazaru			Sellior	Center III Centrai	Park
350433-5A	18 yrs +	M	3:15-4:45pm	6/26-8/21	\$45

Contan Contan in Control Doub



LINE DANCE FITNESS: LEVEL 3-4

Dancers who have knowledge and experience with beginning dances and cues are now ready to have even more fun learning more challenging dances along with the latest favorites. Great physical and mental exercise. Instructor is certified in dance and has been teaching over 20 years.

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Suzy Hazard			Senior Center in Central Park
350434-5A	18 yrs +	W	1-2:30pm 6/28-8/23 \$49

NEW BEGINNER LINE DANCE

Been wanting to learn to dance but don't know how to get started? Have fun learning the basic steps and applying them in very easy line dances. Invite a friend so you can both experience the mental and physical benefits of dance along with the joy of moving to music.

Carolyn Cragun			Senior Center in Central Park		
350454-5A	18 yrs + F	=	2:30-3:30pm	6/30-8/25	\$49

SPECIAL NEEDS BALLROOM

Join us for a dynamic ballroom dance class for people with all types of special needs and developmental disabilities! Taught by our lead instructor, Mandy Mykitta, many dances will be represented. From the Waltz to the Hustle, we'll teach you all the moves you need to own any dance floor!

Dare To Dance			Muro	dy Community (Center
350455-1A	16 yrs +	W	7-8pm	6/28-8/30	\$30
350455-1B	16 yrs +	W	8-9pm	6/28-8/30	\$30

PRIVATE DANCE LESSON

Get ready for that special event with a 1 hour private lesson tailored to your specific goals. Choose from Wedding First Dance, Ballroom dances, Salsa, Swing and more. Lessons arranged at your convenience at Edison Community Center. Two people maximum (you alone or bring a friend or partner). Time and date to be arranged with instructor.

SockhopFitness			Edison Community Center		
350402-2A	6 yrs +	TBA	TBA	TBA	\$60

DOG TRAINING

DOG TRAINING: BEGINNING DOG OBEDIENCE

For dogs 5 months and older and handlers 10 years to adult. Obedience commands (heel, sit, down, stay, stand, come), long distance work, hand signals, and correcting bad habits (chewing, jumping, digging, etc.). Trophies and certificates awarded at graduation. First meeting held WITHOUT DOGS. Bring shot records and \$10 material fee (includes training manual).

Dog Services	Unlimited	Edison	Community C	enter
350504-2A	10 yrs + Tu	7:30-8:30pm	6/27-8/15	\$95

DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Establish better manners and correct behavior problems in four 75-minute lessons! Dogs five months or older will learn to stay, come, sit, lie down, and walk without pulling on a leash. Dogs attend all meetings. Bring current shot records and \$5 materials fee to first lesson. Pre-registration is required.

Dog Services Unlimited

Murdy Community Center

350506-1A 10 yrs + Th 6:30-7:45pm 7/27-8/17

CUTTING THE CABLE

EDUCATIONAL

With the availability of high-speed internet and smart TVs, it is possible to enjoy television without the high price of cable TV. Learn about programs and devices that are available to watch TV without the prices of cable.

Marga Dill			Senior	Center in Central	Park
350616-5A	55 yrs +	Th	2:15-3:45pm	7/13-7/13	\$23
350616-5B	55 yrs +	Th	2:15-3:45pm	7/20-7/20	\$23
350616-5C	55 yrs +	Th	2:15-3:45pm	8/10-8/10	\$23
350616-5D	55 vrs +	Th	2·15-3·45nm	8/17-8/17	\$23

HOW TO RECOGNIZE FAKE NEWS

Learn how to judge the reliability of information and make informed judgments and decisions. As news consumers we are constantly bombarded with a stream of fake news, propaganda, hoaxes, and rumors. This class will help you with critical thinking skills to distinguish fact from fiction and become better informed.

Marga Dill			Senior	Center in Central	Park
350617-5A	55 yrs +	Th	2:15-3:45pm	6/29-7/6	\$38
350617-5B	55 vrs +	Th	2:15-3:45pm	7/27-8/3	\$38

ITALIAN: INTENSIVE BEGINNING ITALIAN

This intensive two week course is a great kick for any beginning learner of Italian. The course focuses on the day to day spoken expressions for those with little or no experience. Themes include greetings, shopping, ordering in a restaurant and key basic phrases. Material may be adapted to the preference and experience of participants.

Spectrum La	anguages		Edisor	ı Community	Center
350601-2A	18 yrs +	Th	6:30-8:30pm	6/29-7/6	\$68

LEARNING BLACK HISTORY

Learn the truth about Black History from Africa to African-American. Celebrating and discussing our past struggles, accomplishments, inventors, leaders, and heroes. Classes are every 2nd and 4th Saturdays, 10:00a.m.-12:00p.m.

OC Learning	Black Hi	story	Senior	Center in Central	Park
350610-5A	8 yrs +	Sa	10am-12pm	7/8-9/23	\$10

HEALTH & FITNESS

CARDIO STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4 or 8 -inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. *Sign-up for CARDIO STEP FOR THE HEART plus HEAD TO TOE WORKOUT together for only \$129. No Class Dates: Jul-5

Susan Hardy			Murdy	Community	Center
350835-1A	13 vrs +	M.W.F	9:15-10am	6/28-8/30	\$107

Register Online! www.hbsands.org

DOG-FRISBEE: CATCH THE FUN!

In this one-day workshop, you & your dog can start learning the fun sport of Frisbee Toss-N-Fetch! Includes throwing techniques, safety, and motivating your dog to go for a disc, and bring it back. Pre-registration is required! Bring current shot records & \$5 materials fee. (includes Frisbee) Class meets on grass near Dog Park, Edwards & Inlet.

Dog Services Unlimited

Dog Park Edwards St

350509-1A 10 yrs + 7/9-7/9 4-5:30pm \$29

FLYBALL DOG TRAINING BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called". First class held without dogs. This class is held at Center Park - Slater/Golden West Street. No Class Dates: Jul-22

Surf City Flyball Central Park - Slater Ave/Goldenwest Street

350507-1A 18 yrs + Sa 9-10am 7/8-9/2 \$95

FLYBALL DOG TRAINING INTERMEDIATE

For dogs who have at least 2 sessions of Flyball Beginning and/ or prior Flyball training. This class teaches the skills necessary for actual Flyball competition. This class is held at Center Park -Slater/Golden West Street. No Class Dates: Iul-22

350508-1A 18 yrs + Sa 10:30-11:30am 7/8-9/2



CARDIO STRENGTH & STRENGTH TRAINING

Join the fun! Combining step combinations with low impact and strength training to burn calories and improve heart and muscle health. Steps provided for an effective, energizing workout. Please bring water, towel, and exercise mat. Bringing your own hand held weights is also recommended. No Class Dates: Jul-4

Joanne Pridomirski **Edison Community Center** 350850-2A 13 yrs + Tu,Th 8:45-9:45am 6/27-8/31 \$65

CARDIO STEP & BODY SCULPT

Step aerobics is a high calorie-burning workout with less stress on ankles and joints compared to other impact classes. Steps range from 4 to 8 inches accommodating beginner through advanced. Upper body workout with light weights and abdominal work finishes up the class. Bring hand weights and a mat. No Class Dates: Jul-5

Edison Community Center Susan Hardy

350851-2A 13 yrs + M,W,F 5:15-6:15pm 6/28-8/30 \$112

CIRCUIT TRAINING

Lively music and fun routines will motivate you to keep moving in this faster-paced low impact class designed specifically for older adults. The low impact (cardio) routines are mixed with strength and balance work for an interval style of workout that is great for the whole body! Bring a pair of handweights (3-5 lbs.), Dynaband and tubing (Dynaband \$4 and tube \$12 available for purchase first day of class). Also bring a mat for a short session of corework done on the floor. No Class Dates: Jul-28, Aug-4

Marianne Grossman Senior Center in Central Park 350816-5A 50 yrs + F10:15-11:15am 6/30-9/1 \$48

NEW! HIP HOP FITNESS

Looking for a way to have fun while working out? Come join this high energy fitness class! Move to Urban beats with a hip hop flavor while burning calories and strengthening your core. Grab $\boldsymbol{\alpha}$ friend, get ready to move and forget you're working out!

Huntington Academy of Dance Murdy Community Center 350457-1A 16 yrs + M 6:30-7:30pm 7/10-8/14 \$65

FLEX & STRETCH

This stretch and strength class in a chair is excellent for increasing joint mobility and muscle flexibility while building strength, stamina and balance. Designed to improve posture and support arthritic joints, you'll be guided through a variety of exercises (both seated and standing) using bands and light hand weights. Bring a pair of weights (2-3 lbs). Materials fee of \$4 for Dynaband payable in class. No Class Dates: Jul-4, Jul-27, Aug-1, Aug-3

Senior Center in Central Park Marianne Grossman 350817-5A 50 yrs + Tu10:15-11am 6/27-8/29 \$36 350817-5B 50 yrs + Th10:40-11:25am 6/29-8/31 \$36

FITNESS FOR LIFE

Come join our work-out using body weights, bands, stretching and exercise balls. First class will include an assessment. We'll set goals to get you fit to enjoy whatever it is you love to do! Enrollments are kept low to insure personal attention and training. Bring mat or towel to class.

Senior Center in Central Park Phil Hart 350838-5A 6/28-8/30 40 yrs + W5:45-6:45pm

STROLLER WORKOUT

Why hire a babysitter AND a trainer when you can work out with your little ones?! Join us for a one-hour workout that will sculpt and tighten your entire body while you are bonding with your babies and making new parent friends! Kids 0-4 welcome. 2 kids max. Bring stroller, hand weights, mat, water, and snacks. Meet us at the back entrance of the Senior Center. One registration per adult. Family discount available. Email: info@hbpilates.com for questions. No Class Dates: Jul-4

HB Pilates			Senior Cer	iter in Central	Park
350825-5A	18 yrs +	Tu	9-10am	6/27-8/1	\$66
350825-5B	18 yrs +	W	6-7pm	6/28-8/2	\$78
350825-5C	18 yrs +	Th	9-10am	6/29-8/3	\$78
350825-5D	18 yrs +	Tu,Th	9-10am	6/27-8/3	\$110
350825-5E	18 yrs +	Tu	9-10am	8/8-9/5	\$65
350825-5F	18 yrs +	W	6-7pm	8/9-9/6	\$66
350825-5G	18 yrs +	Th	9-10am	8/10-9/7	\$65
350825-5H	18 yrs +	Tu,Th	9-10am	8/8-9/7	\$100

PILATES CHAIR-PLUS

Pilates Chair-Plus is the most advanced version of our chair classes. This class will integrate the use of a variety of equipment in the fitness facility, and will move at a quicker pace. We will focus on improving: strength, flexibility, posture, functional fitness, and an enhanced mind-body connection. Pre-requisites: one session of Pilates Chair, and instructor approval. Not suitable for those relying on a walker and/or cane. Bring water and grip socks.

HB Pilates			Senior Cent	ter in Centra	l Park
350826-5A	18 yrs +	W	11:30am-12:30pm	6/28-8/2	\$66
350826-5B	18 yrs +	W	11:30am-12:30pm	8/9-9/6	\$56

AB-CORE BLAST

Join us for a 30-minute blast of abdominal/core-strengthening exercises that will have you feeling your abs for days! Properly engaging these muscles can help you obtain a flatter looking abdomen region, better posture and more! Core strength can also help you reduce the risk for certain back problems and can help alleviate most chronic back pain. All levels welcome! Bring mat, towel, water, exercise ball (65cm), & grip socks. No Class Dates: Jul-3

HB Pilates			Mur	dy Community (Center
350833-1A	16 yrs +	M	11-11:30am	6/26-7/31	\$41
350833-1B	16 yrs +	M	11-11:30am	8/7-8/28	\$34

LEAN & FIT

Join us for a fun and energizing workout that will help you burn fat, build lean muscle, and give you that extra energy boost for the day! Incorporating strength, power, stability, and cardio circuit exercises, we promise to sculpt and tighten your entire body so you will look and feel your absolute best! All ages and abilities welcome. Bring a mat, towel, water, and dumbbells. All other equipment provided. No Class Dates: Jul-3, Sep-4

HB Pilates			Edison	Community Ce	nter
350839-2A	16 yrs +	M	9-10am	6/26-7/31	\$66
350839-2B	16 yrs +	M	9-10am	8/7-8/28	\$54
350839-2C	16 yrs +	F	9-10am	6/30-8/4	\$78
350839-2D	16 yrs +	F	9-10am	8/11-9/8	\$66
HB Pilates			Senior Cent	ter in Central I	Park
350839-5A	16 yrs +	W	7-8pm	6/28-8/2	\$78
350839-5B	16 yrs +	W	7-8pm	8/9-9/6	\$66
350839-5C	16 yrs +	Th	10:15-11:15am	6/29-8/3	\$78
350839-5D	16 yrs +	Th	10:15-11:15am	8/10-9/7	\$66
350839-5E	16 yrs +	Sa	10-11am	7/1-8/5	\$78
350839-5F	16 yrs +	Sa	10-11am	8/12-9/9	\$66

PILATES BARRE WITH CARDIO

Burn mega calories and feel fit and fabulous in no time! This high energy class fuses Pilates, barre, and cardio intervals with the use of resistance bands, exercise balls, and your own body weight to help you get the lean and toned body you have been waiting for! Fitness level: Intermediate. Bring mat, towel, grip socks, and water. No Class Dates: Jul-3, Jul-4

HB Pilates				City Gym ar	nd Pool
350855-3A	16 yrs +	W	10-11am	6/28-8/2	\$78
350855-3B	16 yrs +	Th	7-8pm	6/29-8/3	\$78
350855-3C	16 yrs +	W	10-11am	8/9-9/6	\$66
350855-3D	16 yrs +	Th	7-8pm	8/10-9/7	\$66
HB Pilates			Edison	Community	Center
350855-2A	16 yrs +	M	7:30-8:30pm	6/26-7/31	\$66
350855-2B	16 yrs +	M	7:30-8:30pm	8/7-8/28	\$54
350855-2C	16 yrs +	W	7-8pm	6/28-8/2	\$78
350855-2D	16 yrs +	W	7-8pm	8/9-9/6	\$66
HB Pilates			Murdy	Community	Center
350855-1A	16 yrs +	Tu	7-8pm	6/27-8/1	\$66
350855-1B	16 yrs +	Tu	7-8pm	8/8-9/5	\$66
350855-1C	16 yrs +	Sa	10-11am	7/1-8/5	\$78
350855-1D	16 yrs +	Sa	10-11am	8/12-9/9	\$66

PRENATAL/POSTNATAL PILATES

Pilates is a safe and gentle way for women to exercise throughout their pregnancy as they prepare for childbirth, and after pregnancy when their body is recovering. All exercises are specifically designed for prenatal/postnatal women. This class is suitable for women in their 1st, 2nd, and 3rd trimester and postpartum. (women at minimum 6-8 weeks postpartum, with doctor's approval) Drop-Ins: \$18. Please bring: mat, towel, grip socks, and water.

HB Pilates			Murdy Co	mmunity C	enter
350856-1A	18 yrs +	Th	6-7pm	6/29-8/3	\$90
350856-1B	18 yrs +	Th	6-7pm	8/10-9/7	\$76
350856-1C	18 yrs +	Private Lesson	30 Minutes	6/29-9/7	\$46
350856-1D	18 vrs +	Private Lesson	1 Hour	6/29-9/7	\$76

GENTLE PILATES MAT

This class will include all of the classic Pilates Mat exercises but will move at a slower pace, to be more inviting for 50+. With an emphasis on core strength and posture, we will work on overall strength, flexibility and coordination to help improve balance and your overall quality of life. All ages/abilities welcome. Drop-ins welcome: \$18. Bring: Mat, towel. water, and grip socks. No Class Dates: Iul-3

HB Pilates			Senior Center	in Central	Park
350883-5A	18 yrs +	Th	11:15am-12:15pm	6/29-8/3	\$78
350883-5B	18 yrs +	Th	11:15am-12:15pm	8/10-9/7	\$66

POWER YOGA

Join us for an hour of power! This dynamic yoga class will focus on increasing strength and flexibility while utilizing rhythmic breath, and building heat and stamina in the body and mind. Bring mat, towel, water. Suggested props: yoga strap, yoga blocks (1-2)

HB Pilates			Senior Center in Central Park						
350878-5A	18 yrs +	W	6:30-7:30pm	6/28-8/2	\$78				
350878-5B	18 yrs +	Sa	9-10am	7/1-8/5	\$78				
350878-5C	18 yrs +	W	6:30-7:30pm	8/9-9/6	\$66				
350878-5D	18 yrs +	Sa	9-10am	8/12-9/9	\$66				

PILATES CHAIR

Pilates chair is designed for all ages and ability levels and is great for people over 50 because of its low impact/gentle exercises. Chair Pilates uses resistance bands for sitting/standing exercises. Improve: balance, flexibility, strength, posture and enhance mind-body connection to help reduce the risk of falls. Bring water and grip socks. No Class Dates: Jul-3, Sep-4

HB Pilates			Senior Cent	er in Centra	Park
350879-5A	18 yrs +	M	12:30-1:30pm	6/26-7/31	\$66
350879-5B	18 yrs +	W	12:30-1:30pm	6/28-8/2	\$66
350879-5C	18 yrs +	F	12:30-1:30pm	6/30-8/4	\$66
350879-5D	18 yrs +	2x/week	12-1:30pm	6/26-8/4	\$120
350879-5E	18 yrs +	M,W,F	12:30-1:30pm	6/26-8/4	\$136
350879-5F	18 yrs +	M	12:30-1:30pm	8/7-8/28	\$46
350879-5G	18 yrs +	W	12:30-1:30pm	8/9-9/6	\$56
350879-5H	18 yrs +	F	12:30-1:30pm	8/11-9/8	\$56
350879-51	18 yrs +	2x/week	12:30-1:30pm	8/7-9/8	\$100
350879-5J	18 yrs +	M,W,F	12:30-1:30pm	8/7-9/8	\$112

PILATES CHAIR — SITTING ONLY

Pilates-Chair-Sitting only is a more gentle approach to Pilates Chair and a great introduction to the class because all exercises are done while sitting in a chair. Integrating resistance bands and small exercise balls, we will work on improving: strength, flexibility, posture, and an enhanced mind-body connection. Bring water and grip socks. No Class Dates: July-3, Sep-4

HB Pilates			Senior Center	in Central	Park
350895-5A	18 yrs +	M	11:45am-12:30pm	6/26-7/31	\$51
350895-5B	18 yrs +	F	11:45am-12:30pm	6/30-8/4	\$60
350895-5C	18 yrs +	M,F	11:45am-12:30pm	6/26-8/4	\$99
350895-5D	18 yrs +	M	11:45am-12:30pm	8/7-8/28	\$42
350895-5E	18 yrs +	F	11:45am-12:30pm	8/11-9/8	\$51
350895-5F	18 yrs +	M,F	11:45am-12:30pm	8/7-9/8	\$82

UNLIMITED HB PILATES AND FITNESS CLASSES

Unlimited HB Pilates and Fitness Classes allow you to access all HB Pilates classes: Ab-Core Blast, Lean and Fit, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, Stroller Workout and Power Yoga and Restorative Yoga! Enjoy the convenience of making your own schedule and the opportunity to come to an unlimited number of classes per week. Limited spaces available and some restrictions apply. E-mail: info@hbpilates.com. No Class Dates: Jul-3, Jul-4, Sep-4

HB Pilates				All CC Lo	cations
350896-1A	16 yrs +	M-Sa	TBD	6/26-8/5	\$234
350896-1B	16 yrs +	M-Sa	TBD	8/7-9/9	\$195

PRIVATE PILATES/PERSONAL TRAINING

It's time to take your training to the next level! Whether you're looking to lose serious weight, change up your workouts, or just tone up and get stronger, working one-on-one with a Personal Trainer and/or Pilates Instructor will change your life. Each one-hour workout is designed to target your personal health and fitness goals which will help maximize your results. Discounts given for multiple lessons. Group rates available. Times and dates TBD. No Class Dates: Jul-3, Jul-4, Sep-4

HB Pilates			Murd	y Community	Center
350897-1A	18 yrs +	M-Sa	1 Session	6/26-9/9	\$76
350897-1B	18 yrs +	M-Sa	10 Sessions	6/26-9/9	\$700
350897-1C	18 yrs +	M-Sa	20 Sessions	6/26-9/9	\$1300

Register Online! www.hbsands.org

PILATES MAT

HB Pilates mat exercises are low impact with high results. HB Pilates' highly certified instructors will help you improve: posture, strength, flexibility, balance, coordination, and total mind-body awareness. Focusing on core strength, we promise to condition your entire body in every class! All ages/abilities welcome. Drop-ins welcome: \$18. Bring: mat, towel, grip socks, and water. No Class Dates: Jul-3, Jul-4

HB Pilates				City Gym ar	nd Pool
350811-3A	16 yrs +	W	9-10am	6/28-8/2	\$78
350811-3B	16 yrs +	Th	6-7pm	6/29-8/3	\$78
350811-3C	16 yrs +	W	9-10am	8/9-9/6	\$66
350811-3D	16 yrs +	Th	6-7pm	8/10-9/7	\$66
HB Pilates			Edison	Community	Center
350811-2A	16 yrs +	M	6:30-7:30pm	6/26-7/31	\$66
350811-2B	16 yrs +	M	6:30-7:30pm	8/7-8/28	\$54
350811-2C	16 yrs +	Tu	9-10am	6/27-8/1	\$66
350811-2D	16 yrs +	Tu	9-10am	8/8-9/5	\$66
350811-2E	16 yrs +	W	6-7pm	6/28-8/2	\$78
350811-2F	16 yrs +	W	6-7pm	8/9-9/6	\$66
350811-2G	16 yrs +	F	10-11am	6/30-8/4	\$78
350811-2H	16 yrs +	F	10-11am	8/11-9/8	\$66
HB Pilates			Murdy	Community	Center
350811-1A	16 yrs +	M	10-11am	6/26-7/31	\$78
350811-1B	16 yrs +	M	10-11am	8/7-8/28	\$54
350811-1C	16 yrs +	Tu	6-7pm	6/27-8/1	\$66
350811-1D	16 yrs +	Tu	6-7pm	8/8-9/5	\$66
350811-1E	16 yrs +	Th	5-6pm	6/29-8/3	\$78
350811-1F	16 yrs +	Th	5-6pm	8/10-9/7	\$66
350811-1G	16 yrs +	Sa	9-10am	7/1-8/5	\$78
350811-1H	16 yrs +	Sa	9-10am	8/12-9/9	\$66

5 CLASS PACK

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This is the pass for you! This 5 pack of classes is good for any HB Pilates class: Ab-Core Blast, Lean & Fit, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, Power Yoga Restorative Yoga, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email info@hbpilates.com for questions. No Class Dates: Jul-3, Jul-4, Sep-4

HB Pilates	All Community	/ Center	Locations

350611-1A	16 yrs +	Attend any HB Pilates class	6/26-8/5	\$85
350611-1B	16 yrs +	Attend any HB Pilates class	8/7-9/9	\$85

10 CLASS PACK

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This 10 class the pass for you! Mix and match your classes with any HB Pilates classes: Ab-Core Blast, Lean & Fit, Pilates Barre with cardio, Power Yoga, Restorative Yoga, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email info@hbpilates.com for questions. No Class Dates: Jul-3, Jul-4, Sep-4

HB Pilates All Community Center Locations

350612-1A	16 yrs +	Attend any HB Pilates class	6/26-8/5	\$160
350612-1B	16 yrs +	Attend any HB Pilates class	8/7-9/9	\$160

HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands or tubes as resistance. This workout includes arms, upper body as well as targeting legs, lower body and abs. Exercises emphasize injury prevention. Bring mat and weights. *Sign-up for HEAD TO TOE WORKOUT plus CARDIO STEP FOR THE HEART together for only \$129. No Class Dates: Jul-5

Susan Hardy	Murdy	Community	/ Center
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350841-1A 13 yrs + M,W,F 8:30-9:15am 6/28-8/30 \$107

JAZZERCISE

Torch fat, sculpt lean muscle and CRUSH calories with this dance party workout that mixes hot playlist cardio with strength training and stretching. Fresh pulse-pounding music and body blasting moves jam up the fun to transform your body, boost your mood, and IGNITE your energy!!! Classes will be Monday, Wednesday,& Friday's from 8:45-9:50am and Tuesday's from 5:30-6:40pm.

Erica Den Hartog City Gym and Pool

350853-3A	13 yrs +	M,Tu,F	10 class pack	6/12-9/8	\$70
350853-3B	13 yrs +	M,Tu,F	20 class pack	6/12-9/8	\$100

KINETIC MINDFULNESS

The process called "Kinetic Mindfulness" is a form of active meditation. The process focuses on breathing techniques, urban meditation and creative imaging for practical and fulfilled living. No Class Dates: Jul-3

David Phears

Senior Center in Central Park

350815-5A 18 yrs + M9:30-10:35am 6/26-8/21 \$120

Register **Online!** www.hbsands.org





Rec Report is a monthly video segment designed to highlight the programs, services and events presented by the Huntington Beach Community Services Department.

Tune in to HBTV3 during 'Surf City Highlights' or follow the City of Huntington Beach on Facebook and Twitter to see what makes the show and our recreation programs award-winning!



MENTAL GYMNASTICS

Keep senior moments from becoming senior months by learning the latest research on the brain and how you can use it to become stronger and sharper as you get older. Join this fun and supportive group and explore nutrition, exercise, attitude changes, and puzzles that can empower you on a daily basis.

Sharon Fleming Senior Center in Central Park

350877-5A 18 yrs + Th 10am-12pm 7/6-8/24 \$79

QIGONG FOR WELLNESS

Esteemed by the Chinese for thousands of years for illness prevention and therapeutic benefit, this easy-to-learn practice includes gentle movements to promote flexibility and tone, breathing methods to calm. All activity is done standing or sitting in a chair. Instructor has a Qigong Master teaching credential. 1st class is free.

Donald Walker Murdy Community Center

350864-1A 18 yrs + 6-7:15pm 6/28-8/9 \$49

SATURDAY AM CARDIO STEP & BODY SCULPT

Make this class your wake-up workout. Using a 4"-8" step (or low impact on floor) for cardio. Bring weights for upper body workout and a mat for AB work. You'll be energized for the weekend!

Edison Community Center Susan Hardy

350846-2A 13 yrs + Sa 9:15-10:15am 7/1-8/26 \$44

SENIOR CARDIOFIT

As we age, leading an active lifestyle becomes more important than ever. Regular exercise helps seniors maintain health, boost energy and improve confidence! Come experience Senior CardioFit, a class designed for folks 50+ with fun music and easy to follow low impact routines. Stay motivated! No Class Dates: Jul-4, Jul-28, Aug-1, Aug-4

Senior Center in Central Park **Marianne Grossman**

350837-5A 6/27-9/1 50 yrs + Tu,F 9-9:45am \$55

SLIM & TRIM

Fun with low-impact aerobics, simple dance steps, slow stretching, lively floor routines, firming and toning, and relaxing lower back exercises done to a variety of music styles. See you in class. Bring a mat.

Lake Park Clubhouse, 1035 11th Street **Georgia Spidle**

350847-2A 18 yrs + M,W,F 9-10am 6/26-9/1 \$60

TOTAL BODY STRETCH

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow class will help make stretching a part of your wellness routine. Bring an exercise mat. No Class Dates: Jul-3, Jul-4, Jul-31, Aug-1

Marianne Grossman Edison Community Center 350857-2A 18 yrs + Tu 5:30-6:30pm 6/27-8/29 \$52

Marianne Grossman Senior Center in Central Park 350857-5A 18 yrs + M5:30-6:30pm 6/26-8/28 \$53

TAI CHI BASICS

Discover SHIBASHI, the most popular Tai Chi/Chi Kung exercise in the world, practiced by 10 million people daily. 18 gentle, easy to learn flowing movements which reduce stress, strengthen, balance, revitalize. Set 1 emphasizes the upper body and can be done sitting or standing. First class is free!

Donald Walker Edison Community Center 350887-2A 1:30-2:45pm 18 yrs + M6/26-8/7 \$49

TAI CHI CHUAN FOR BEGINNERS

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing. No class 7/27

Senior Center in Central Park Elizabeth Pham

\$42 350881-5A 6/26-8/7 18 yrs + M6:45-8:15pm 350881-5B 18 yrs + Th9-10:30am 6/29-8/10 \$42

TAI CHI CHUAN FOR INTERMEDIATE

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing. No Class Dates: Jul-27

Shona Howe Senior Center in Central Park

350882-5A 18 yrs + M6:45-8:15pm 6/26-8/7 \$42 350882-5B 8:30-10:30am 6/29-8/10 \$42 18 yrs + Th

TAI CHI (YANG STYLE)

Usually called "moving meditation," this ancient Chinese health class focuses on stress reduction, balance, increasing energy and flexibility. Tai Chi uses easy techniques on gentle, slow, repeated movements to improve health and well-being. Medical professionals recommend Tai Chi to improve balance, coordination, breathing, leg strength and relax mentally and physically at deep levels. Wear comfortable clothing. Class material and DVD included with \$20 paid to instructor at the first class.

Makena Solutions, LLC **HB Art Center**

350884-4A 16 yrs + Tu 10:30-11:45am 7/11 Free 350884-4B 16 yrs + Tu 10:30-11:45am 7/11-8/29 \$125/\$113 350884-4C 16 yrs + W 6:30-7:45pm 7/5 Free 350884-4D 16 yrs + W 6:30-7:45pm 7/12-8/30 \$125/\$113

TOTAL BODY WORKOUT/CARDIO STEP

Take Head to Toe Workout with Cardio Step (or low impact on floor) for a total body 90 Minute Workout at one Low Price. All fitness levels welcome. Bring mat and hand weights. No Class Dates: Jul-5

Susan Hardy **Murdy Community Center**

350886-1A 13 yrs + M,W,F 8:30-10am 6/28-8/30 \$129

YOGA

Yoga benefits the body, mind and spirit by reducing stress, strengthening the body, improving flexibility, increasing body awareness and deepening the breath. These breath centered classes are sequenced to be appropriate for all levels and ages. Bring a yoga mat and a towel or blanket. No Class Dates: Aug-4, Aug-8

Susan Holden **Senior Center in Central Park**

350892-5A 16 yrs + Tu 10:30-11:30am 7/11-8/29 \$60 350892-5B 16 yrs + F10-11am 7/7-8/25 \$60

CHAIR YOGA

Yoga unites mind and body, improving general health, balance and wellbeing. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath-centered practice suitable for all levels. Instructor: Diane Pavesic, BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT. No Class Dates: Jul-6

Diane Pavesic Senior Center in Central Park

350866-54 10-11am 6/26-8/21 \$66 18 yrs + M 350866-5B 18 yrs + M 11:15am-12:15pm 6/26-8/21 \$66

YOGA: CITY GYM

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket.

Yvonne Carmichael			City Gym and	Pool
	 10.00	1.0		4

350867-3A 16 yrs + M 10:30am-12pm 6/26-8/28 \$97

YOGA: AT EDISON

Yoga unites mind & body improving general health, balance, and wellbeing. Therapeutically oriented practice combines postures, meditation and philosophy in a breath centered practice suitable for all levels. Bring mat and blanket. Class Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, CCM, YTRx-500 C, ERYT-500. No Class Dates: Jul-5

Diane Pavesic Edison Community Center

350868-2A	18 yrs +	W	4:30-5:30pm	6/28-8/23	\$66
350868-2B	18 yrs +	W	5:45-6:45pm	6/28-8/23	\$66
350868-2C	18 yrs +	W	7-8pm	6/28-8/23	\$66

YOGA: MURDY

Beginner & intermediate students welcome! Classes are sequenced to increase flexibility while strengthening the entire body (back, hips, shoulders, neck, etc.) Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. If there are existing medical conditions, please check with your doctor before proceeding. Jacki King no class dates: Aug-7 & Aug-9. Susan Holden no class dates: Aug-4, Aug-7 & Aug-8.

Susan Holden **Murdy Community Center**

Jacki King -E-RYT, CYT, YACEP M				Murdy Community	Center
350876-1C	16 yrs +	F	4-5pm	7/7-8/25	\$60
350876-1B	16 yrs +	Tu	5:30-6:45pm	n 7/11-8/29	\$60
350876-1A	16 yrs +	M	6-7pm	7/10-8/28	\$60

351124-1A 16 yrs + M 4:35-5:35pm 7/10-8/28 \$60 351124-1B 16 yrs + W 4:15-5:15pm 7/12-8/30 \$60

YOGA: SENIOR CENTER IN CENTRAL

Yoga unites mind and body, improving general health, balance and wellbeing. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath centered practice suitable for all levels. Bring mat & blanket. Instructor: Diane Pavesic, BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT. No Class Dates: Jul-6.

Diane Pavesic Senior Center in Central Park

350872-5A	18 yrs +	Th	10-11am	6/29-8/24	\$72
350872-5B	18 yrs +	Th	11am-12pm	6/29-8/24	\$66

ZUMBA

It's different! Effective! Zumba's body sculpting moves and engaging dance steps are set to a fabulous fusion of Latin and International music. Cha-cha, mambo, rock-n-roll and belly dance your way to fitness in this exciting class of calorie-torching, fun-infused class. Going on vacation? We'll pro-rate you for the number of weeks you attend. Walk-ins welcome \$12.

Edison Community Center SockhopFitness

350858-2A 6/28-8/30 \$64 18 yrs + W 6:30-7:15pm



Parks & Recreation Reduce Stress

ZUMBA GOLD

Zumba Gold is perfect for active adults looking for the great moves of Zumba at lower impact. This fun-filled class will improve cardiovascular strength, balance, muscle tone and flexibility. The lively mix of Latin and International music will leave you feeling inspired and strong. Ditch the workout! Join the Party!

SockhopFit	ness		Mu	irdy Community (Center
350860-1A	50 yrs +	Tu	8:05-8:50am	6/27-8/29	\$64
SockhopFit	ness		Senior	Center in Centra	l Park
250060 54	10 000	_	0.0.15am	6/20 0/1	¢ 61

ZUMBA GOLD (CHAIR)

Zumba Gold (Chair) has simple, easy movements to increase strength and flexibility in your arms, legs and core muscles. Enjoy listening to fun Latin music and have a joyful time moving with our uplifting instructor. Stimulate your brain when you learn some basic Latin rhythms and simple steps that can be done in the chair. All exercises are performed seated.

CS Dance F	actory	Senior	Center in Central	Park
350880-54	18 vrs + T	12·30-1·15nm	7/13-8/24	\$69

ZUMBA GOLD/ZUMBA TONING

Ditch the workout, join the party! Zumba Gold is a latin dance-inspired class with fun routines and a lively atmosphere that makes it one of the hottest fitness trends around! Zumba Gold is a great way to get fit, whether you are a novice or experienced exerciser. The class also incorporates Zumba Toning, where light weights are used for some of the dances. No Class Dates: Jul-27, Aug-3

Marianne G	rossman		Senior	Center in Central	Park
350848-5A	18 yrs +	Th	9-10am	6/29-8/31	\$48

ZUMBA TONING

The perfect way to sculpt while having a total blast! Zumba Toning combines body-sculpting exercises and high energy cardio with Latin-infused Zumba moves for a calorie torching, strength training dance fitness party. Lightweight, maraca-like Zumba Toning sticks can be purchased or bring 1-3 lb. hand weights. Going on vacation? We'll prorate you for the number of weeks you attend.

SockhopFitn	ess		Edison	Community	Center
350888-2A	18 yrs +	M	6-6:45pm	6/26-8/28	\$64

ZUMBA + ZUMBA TONING

The best of both! Get Zumba Toning on Mondays plus Zumba on Wednesdays at a nice discount. Monday classes emphasize Toning; Wednesday classes emphasize dance; both days emphasize fun and fabulous world music while you get fit. Bring: towel, water, and light weights or Toning Sticks. Mon class meets 6-6:45pm & Wed meets 6:30-7:15pm

SockhopFitr	1ess		Ediso	n Community	Center
350827-2A	16 yrs +	M W	6-6:45pm 6:30-7:15pm	6/26-8/30	\$110

ZUMBA FOR ALL AGES

Bring your family and friends to this fun-packed Zumba class for all ages! Easy dance steps set to fabulous world music will increase muscle tone, balance and flexibility. Going on vacation? We will prorate for the number of classes you can attend. Ditch the workout! Join the Party! No Class Dates: Jul-4

SockhopFitness			Senior Center in Central Par			
350813-54	6 vrs +	Tu	6-6-45pm	6/27-8/29	\$64	

MARTIAL ARTS FOR ADULTS

This is a certified studio of the World Tang Soo Do Association. Students will be introduced to the basics of Tang Soo Do Philosophy, History, Blocks, Punches, Sparring, Weapons and Forms. Opportunities for advancement. Any one day \$80, any 2 days \$120, 3x week \$160.

Senior Center in Central Park Frances Cardinal

350901-5A	14 yrs +	Tu	6:15-7:45pm	6/27-9/5	\$80
350901-5B	14 yrs +	Th	6:15-7:45pm	6/29-9/7	\$80
350901-5C	14 yrs +	Sa	10am-12pm	7/1-9/9	\$80

FAMILY MARTIAL ARTS

This is a certified studio of the World Tang Soo Do Association. Tang Soo Do is an ancient Korean Art with a 2000 year legacy. There is a minimum of one adult and one child per family group. Enjoy getting healthy together. Registration fee of \$80 includes 4 family members one time per week, a \$6 fee per extra student. Take 2 days per week for \$120 up to 4 people-if more than 4 students, add \$6 per student. Take 3 days per week for \$160 up to 4 people-if more, add \$6 per student.

Frances Cardinal **Senior Center in Central Park**

350904-5A	3 yrs +	Tu	5-6pm	6/27-9/5	\$80
350904-5B	3 yrs +	Th	5-6pm	6/29-9/7	\$80
350904-5C	3 yrs +	Sa	10am-11am	7/1-9/9	\$80

ADULT TAE KWON DO

Participants will learn the foundations of martial arts from Master Kia, a 7th degree black belt, with over 40 years of experience. They will work on overall physical fitness, discipline, focus, leadership, and self defense. This class is ongoing and progressive. Uniforms available for purchase from instructor. Beginners-Advanced welcome! No Class Dates: Jul-4, Sep-4

Kiavash Tillehkooh City Gym and Pool

350909-3A	15 yrs +	M	7:15-8pm	6/26-9/4	\$177
350909-3B	15 yrs +	Tu	7:15-8pm	6/27-9/5	\$177
350909-3C	15 yrs +	W	7:15-8pm	6/28-9/6	\$177
350909-3D	15 yrs +	Th	7:15-8pm	6/29-9/7	\$177



MUSIC

GUAVA GROOVE UKULELE — BEGINNING

Would you like to learn to play ukulele? If so, this is the class for you! Guava Groove Ukulele Players will introduce you to all the basics of ukulele; chords, strumming, and songs. Bring your ukulele and tell a friend! \$5 materials fee due at first class. No Class Dates: Aug-8

Guava Groove Senior Center in Central Park

351003-5A 18 yrs + Tu 9:30-10:30am 7/11-9/5 \$85

GUAVA GROOVE UKULELE - INTERMEDIATE

Guava Groove Ukulele is designed for intermediate to advanced ukulele players. Students will learn progressive strums, chords, tab, notation and theory. Requirements: (1) At least one year of Beginning Ukulele or equivalent knowledge. (2) Instructor approves to enroll. No Class Dates: Aug-8

Guava Groove Senior Center in Central Park

18 yrs + Tu 10:45-11:45am 351004-5A 7/11-9/5 \$85

GROUP GUITAR

Have you ever wanted to be a rockstar? Well now's the time! Learn to play guitar from Mr. Greg and have fun playing your favorite songs in no time! Beatles, Rolling Stones, Green Day, Weezer, and so much more! All levels welcome, so don't delay and learn to play today. (Bring your own guitar, \$20 materials fee due to instructor for book).

The RockBand Experience **HB Art Center**

351008-4A 13 yrs + Th4:30-5:30pm 8/3-9/7 \$116/99

UKULELE STRUM

Catch the Ukulele bug! Play and sing great American songs from many decades. Improve your ability and style while expanding your music repertoire and meeting great people like yourself. Must have taken any beginning ukulele class first. Bring a music stand. \$15 materials fee due at first class.

Recreation Staff Senior Center in Central Park

351010-5A 6/30-9/8 18 yrs + F1-2:30pm \$70

SPECIAL INTEREST

AGING AS A WINNER

"You're not getting older, you're getting better" was part of a very successful ad a number of years ago. Today we have the ability to make this come true because of all of the recent research on aging and longevity. This workshop will focus on the latest information in the areas of aging successfully.

Senior Center in Central Park Sharon Fleming 351127-5A 7/14-7/14 10am-3pm \$41

BRAIN FITNESS

Brain Fitness is a computer program designed to help participants be able to listen more effectively, improve their memory and concentration, and increase their self-confidence. Students work at their own level and do not need prior computer experience.

Sharon Fleming	Senior Center in Central F	ark
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351122-5A 18 yrs + Tu,Th 12:30-2:30pm 7/6-8/24 \$129 351122-5B 18 yrs + Tu,Th 2:45-4:45pm 7/6-8/24 \$129

BEGINNING BRIDGE

A new adventure awaits when you learn this game. Great way to met new friends or spend quality time with current friends. Bridge has been in existence for many years. This is a social game that is taken seriously. No partner needed, but all are welcome. No Class Dates: Jul-3, Jul-5

351102-5A	18 yrs +	M	2-4pm	6/26-8/21	\$66
351102-5B	18 yrs +	W	6:30-8:30pm	6/28-8/23	\$66

BRIDGE INTERMEDIATE 1

Conventions covered in this class include Stayman, Jacoby transfer, Michael's cue bid, weak two bid, Blackwood, Chicago scoring, defensive bid and play. Handouts and quizzes with each class provide additional information to expand your knowledge and understanding. Improve your skills while you play. No partner needed. No Class Dates: Jul-4

Rita Spira			Senior Ce	nter in Central	Park
351103-5A	18 yrs +	Tu	3-5pm	6/27-8/22	\$66

WARD'S DUPLICATE BRIDGE GROUP

Learn and practice the ACBL duplicate bridge; bidding, playing and strategy conventions as formerly taught by Ward Trumbull.

Recreation 5	Staff		Senior (Center in Central	Park
351107-5A	18 yrs +	Tu	12:30-2:30pm	6/27-9/5	\$20

PRACTICE BRIDGE

Learning to play Bridge and looking for a place for you and your friends to play? Sign up to play here at Rodgers on Friday afternoons. Good opportunity to practice what you have learned in class by playing in actual situations. Knowledge of bridge rules and etiquette is a must!

Recreation Staff			Senior Center in Central Park		
351108-5A	18 vrs +	F	1-4pm	6/30-9/8	\$20

CARDKATEERS

Have you ever thought of making your own greeting cards? Do you love trying new things? Then we have the class for you. As a Cardkateer, you will make personalized greeting cards to give to your loved ones or friends. Through the course of the classes, you may learn and share card-making techniques and ideas. Class meets 1st & 3rd Wednesdays.

Senior Cente	r voluntee	r	Senior Center	r in Centrai	Park
351114-5A	18 yrs +	W	10:30-11:30am	6/21-9/6	\$6

CPR/FIRST AID/AED

An interactive class where students will learn about the basics of CPR/AED use for infants, children and adults. Please join us to learn lifesaving techniques and we will share our knowledge. American Heart Association card will be issued to all who participate. Please bring self-addressed stamped envelope. \$15 materials fee due at first class. Includes Heartsaver CPR book.

OC-CPR NET			Murdy	Murdy Community Cente		
351104-1A	16 vrs +	Sa	9am-2nm	8/12	\$50	



Parks and Recreation promote sensitivity to cultural diversity

DINNER BOOK CLUB

Have dinner and stimulating conversation with others who love good books. Please read "Daughters of the Dragon" by William Andrews before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. \$5 materials fee due at first class. Class meets 6/14, 7/12, 8/9, and 9/13.

April Berg			Senior C	enter in Central	Park
351101-5A	18 yrs +	W	7-9pm	6/14-9/13	\$30

MORNING MASTERPIECE

Come and join this fun unique craft class. Bring a friend or make a friend! All skill levels are welcomed. Every class is different and all materials are provided. Meet our Wednesday class at the Senior Center in Central Park. Class meets the 2nd and 4th Wednesday of each month.

Recreation S	Staff		Senior Ce	nter in Central	Park
351113-5A	18 yrs +	W	10:30-11:30am	6/14-8/23	\$6

WRITING YOUR LIFE STORY

Writing the story of your life can be one of the most life-affirming gifts you can give yourself and those you love. Join like-minded people to learn skills and techniques that will enable you to actually put your life into words rather than just think about it. Prior writing skills are not necessary. No Class Dates: Jul-4

Sharon Fleming			Senior Center in Central Park		
351121-5A	18 yrs +	Tu	9:30-11:30am	6/27-8/22	\$79

H.B. KNITWITS

The Knitwits want to learn to knit! Students will learn basic knitting stitches and practice these stitches while choosing and completing a simple fun and project. At the last meetings we will discuss more advanced topics using different needles and stitches. You will learn to correct mistakes and dazzle your friends.

Wendy Gingerich		Senior Center in Central Park			
351128-5A	18 vrs+	W	12:30 - 2pm	6/28-8/16	\$6

SPORTS

VOLLEYBALL: ADULT INDOOR CLINIC

Take your game to the next level! The beginner class is designed for those new to the game as well as players who struggle with general consistency in their ball control. For the more experienced player, look to the intermediate class to sharpen your skills and technique. Guided play to follow instruction and drills.

Matt Taylor Volleyball Beginner/Low			City Gym an	d Pool	
351309-3A		Th	6:15-7:45pm	6/29-8/31	\$129
Intermediat	е				
351309-3B	16 yrs +	Th	7:45-9:15pm	7/27-8/31	\$84

BEACH VOLLEYBALL: ADULT BEGINNERS

This adult program is designed for individuals with minimal or no beach volleyball experience. Our friendly coaches will introduce you to the great game of beach volleyball in a fun, relaxed and non-threatening environment. Classes held on the courts where 15th Street meets PCH. More info at www.goldencoastvolleyball.com

Beach Volle	15th Street	& PCH			
351313-2A	18 yrs +	Tu	6:10-7:30pm	7/18-8/29	\$120

BEACH VOLLEYBALL: ADULT INTERMEDIATE

This class is designed for individuals with playing experience who can serve, pass, set and spike consistently. Sessions run by experienced beach volleyball coaches will be structured around the development of a specific skill each week and then applying that skill in a game situation. Class held on the courts where 15th Street meets PCH. More info at www.goldencoastvolleyball.com

15th Street & PCH **Beach Volleyball CA Inc** 351311-2A 18 yrs + Th 6:10-7:30pm 7/20-8/31 \$120

VOLLEYBALL: WOMEN'S VOLLEYBALL

Tuesday's-Intermediate class from 9:30-12:30, Wednesday's-Advanced only 4's from 10-12:00pm, Thursday's-Advanced only from 9:30-12:30pm, Friday's-Advanced only 4's from 10-12:00pm. No Class Dates: Jul-4

Joann DiGio				City Gym and	l Pool
351302-3A 351302-3B 351302-3C	18 yrs+ 18 yrs+ 18 yrs+	F Tu Tu	10am - 12pm 9:30am-12:30pm 9:30am-12:30pm	8/4 - 9/1 6/20-7/25 8/1-8/29	\$30 \$40 \$40
351302-3D 351302-3E 351302-3E 351302-3G 351302-3H	18 yrs+ 18 yrs+ 18 yrs+ 18 yrs+	W W Th Th	10am-12pm 10am-12pm 9:30am-12:30pm 9:30am-12:30pm 10am-12pm	6/21-7/26 8/2-8/30 6/22-7/27 8/3-8/31 6/23-7/28	\$30 \$30 \$40 \$40 \$30

KING AND QUEEN OF THE COURT VOLLEYBALL

How do you stack up against the rest? This 6 on 6 coed tournament is designed to find the top male and female player at the intermediate/advanced level. Each game, participants are given different team assignments and win points based on their team performances. Total individual points on the last night establish winners! Prizes awarded. \$20 materials fee is payable to instructor.

Matt Taylor Volleyball			City Gym and	Pool	
351323-3A	16 yrs +	Th	7:45-9:45pm	6/29-7/20	\$40

SURF & SKATE

LEARN TO SURF

This 4 lesson surf program stresses beach safety and fun while you learn the basics of catching and riding waves and ocean safety. Students should be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. www.hbsurfscholl.com

HB Surf School				City	Beach
351403-2A	18 yrs +	Sa	8-9:30am	7/1-7/22	\$225
351403-2B	18 yrs +	Sa	8-9:30am	8/5-8/26	\$225
351403-2C	18 vrs +	Sa	8-9:30am	9/2-9/23	\$225



See page 5 for a list of SURF SCHOOLS



ADULT SPORTS

ADULT SIX'S VOLLEYBALL LEAGUES

Monday & Wednesday Nights 6:00-10:00 PM Winter, Spring, Summer & Fall Sessions. This program is designed to provide a structured, competitive volleyball league for players of various skill levels. New teams are evaluated and placed in an appropriate divisional level. We work with individuals to place them on just the right team. Three levels of Coed (3-men & 3-women) is offered on Monday nights. Advanced Women's League is offered on Wednesday nights. Games will be played at the City Gym. Each team must pay directly to the official α fee of \$14 before each match. Each match consists of three games. To enter a team or join an existing team, call the City Gym at (714) 960-8884 or Rics Volleyball (714) 375-5063.

ADULT SLO-PITCH SOFTBALL LEAGUES

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Summer season will begin the week of May 15, 2017, and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday or Thursday nights. Coed teams play Sunday afternoons/ evenings or Wednesday nights. Team registration costs are \$420.00 plus the \$15 per game official's fee. Official's fee is paid at each game directly to the umpire. Over 55 Senior Men's Leagues are offered on Sunday mornings/ early afternoons and on Thursday nights. Senior Coed leagues are offered on Tuesday evenings. Legends Senior Women's Softball Association plays on Monday at Greer and Thursday nights at Murdy Park. If you are interested call: 714 523-2313. The team registration fee for the Senior Leagues $\,$ is \$200 per team, plus the \$15 per game official's fee.

Deadline for registration is Friday, April 21, 2017. Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25 late fee. Registration packets are available at City Hall, on the City website. Individuals who wish to join a team may call the Community Services Department at 714-536-5486 and will be put on an eligibility list made available to the team managers.

Registration information for the Fall 2017 season will be available in July for the season starting in Mid-August, 2017.

ARENA SOCCER LEAGUES

The City of Huntington Beach Community Services Department offers year round adult arena soccer leagues at the Central Park Sports Complex. Games will be played on artificial sports turf under the lights starting the week of June 19, 2017. Please note: The actual start of the league might later depending on the Spring schedule. Team registration costs are \$400 per 8-week season plus \$20 referee fees per game paid directly to the official by each team. League play will be 6 v 6-including the goalie. All teams must have uniforms with numbers. Registration packets are available at City Hall, on the City website. For league information or to be placed on the individual players list, please call (714) 536-5230. The first day of registration will be May 15, 2017. The deadline to turn in team registration to City Hall is June 12, 2017. A manager's meeting will be held prior to the start of the league on Wednesday, June 14, 2017 at 6:30 pm at the Sports Complex.

6 v 6 Men's Open League	Monday Nights	7pm, 8pm, 9pm
6 v 6 Men's Rec League-28 & Over	Tuesday Nights	7pm, 8pm, 9pm
6 v 6 Men's Open League	Wednesday Nights	7pm, 8pm, 9pm
6 v 6 Men's Open League	Thursday Nights	7pm, 8pm, 9pm
6 v 6 Coed Open League	Friday Nights	7pm, 8pm, 9pm

Registration information for the Fall 2017 season will be available in August, 2017 for the season starting in early to mid September, 2017.

HEALTH & WELLNESS

To register call 714-536-5600.

HOAG LECTURES

HOAG: MEMORY: RISK SIGNS & TIPS FOR STAYING SHARP

Join our Hoag Medical Group internist, Nancy Love, M.D. for an education presentation on memory. Her presentation will discuss risk factors, warning signs, treatment, and tips for keeping your memory sharp.

Hoag Senior Center in Central Park

353308-5A 55 yrs + 1-2pm 7/12 Free

HOAG: FOOD ALLERGIES ON THE RISE — WHAT TO KNOW & HOW TO SHOP

With the increase of food allergies, it has many people looking for resources and advice? Join our Hoag Medical Group allergist and immunologist, Ankmalika Gupta Louis, M.D., as she educates you on nut and dairy allergies. She will share recent research and learnings.

Senior Center in Central Park Hoag 353320-5A 55 yrs + 1-2pm

HOAG: UNDERSTANDING AORTIC & MITRAL VALVE DISEASE AND THEIR TREATMENT OPTIONS

Join Cardiologist Mahmoud R. Eslami-Farsani, M.D. for an overview on aortic valve and mitral valve disease. The discussion will review some of the latest treatment options, including Transcatheter Aortic Valve Replacement (TAVR), a revolutionary procedure that treats aortic stenosis.

Senior Center in Central Park Hoag

353326-5A 55 vrs + 6-7pm 9/6 Free

HOAG: OSTEOPOROSIS: PREVENTION AND TREATMENT

Osteoporosis is a condition where you have brittle bones. Join us for this informative presentation that will focus on how osteoporosis is caused, identify who is at risk, discuss treatment options, and recommend ways to prevent it.

Senior Center in Central Park Hoag

353351-5A 55 vrs + Th 1-2pm 7/13 Free

HOAG: YOU'RE NOT ALONE-TIPS FOR A BETTER BLADDER

Is your bladder affecting your quality of life and controlling your social calendar? You're not alone. Join us as we discuss the most common reasons that urinary frequency, urgency and incontinence can happen. We will explain pelvic floor anatomy and offer techniques and lifestyle modifications that help control these symptoms. We will cover performing proper Kegel exercises.

Hoag **Senior Center in Central Park**

353352-5A 55 yrs + M 10:30-11:30am 8/7 Free

HOAG: CHRONIC HOARSENESS

Do you, a family member, or a friend suffer from chronic hoarseness? Join Steven Feinberg to find out about the latest innovative options.

Hoag **Senior Center in Central Park** 353353-5A 6-7pm 9/14 Free 55 yrs + Th

UPDATES IN OPHTHALMOLOGY

Join Ophthalmologist Kim Doan, M.D. for an informative discussion on the latest advances for Cataracts, Glaucoma, and more.

Senior Center in Central Park Hoag 353354-5A 55 vrs + 6-7pm 8/24 Free

THE BENEFITS OF YOGA

Join Atul Grover, M.D. as he explains both the physical and mental benefits of yoga. He will also demonstrate some exercises and poses you can do at home.

Senior Center in Central Park Hoag

353355-5A 4-5pm 9/13 55 yrs +

ORANGE COAST MEMORIAL LECTURES

Sign up through Orange Coast Memorial 1-800-MEMORIAL (1-800-636-6742)

OC MEMORIAL: DIABETES PREVENTION

Learning about diabetes is the first step toward prevention and living a healthier life. Please join Orange Coast Memorial's clinical staff to discuss causes of diabetes, prevention measures for type-2 diabetes and how to get started on a path toward improved health and well-being. To reserve your seat, call 1-800-636-6742.

OC Memorial Th 6/15 6-7:30 pm Senior Center in Central Park

OC MEMORIAL: HEART HEALTHY HABITS

Heart health is an important component to active aging. Please join Orange Coast Memorial's clinical staff to discuss important tips to maintaining and improving heart health. To reserve your seat, call 1-800-636-6742.

OC Memorial Th 7/20 6-7:30 pm Senior Center in Central Park

OH, MY ACHING BACK!

Don't let back pain keep you from living the active lifestyle you've enjoyed! Join Stephen Keun-Heng Huo, M.D., an orthopaedic spine specialist with Orange Coast Memorial, as he discusses conservative treatment for spine pain ailments. To reserve your seat, call 1-800-636-6742.

OC Memorial Th 8/17 6-7:30pm Senior Center in Central Park



A member of the St. Joseph Hoag Health alliance

Complimentary Health Screenings

Blood Pressure Checks

July 11, August 1, September 5 9:30-11:30am

Hearing Screening

July 12, August 9 9:30-11:30am